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ABSTRACT

Indians into Medicine (INMED) provides academic, financial, and personal support for Indian college and professional students training for health careers, and supports summer enrichment sessions beginning in junior high school. This INMED activity book contains puzzles, coloring pages, quizzes, and facts about health and the human body. Topics covered include American Indian reservations, the digestive system, American Indian values, health careers, the muscular system, major organs of the body, teeth, the largest Indian reservations and tribes, the eye, the skeletal and circulatory systems, the ear, and the Indian Health Service. (SV)

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HEALTHY GAMES AND TEASERS

an INMED activity book

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HEALTHY GAMES AND TEASERS

by David Ripley, Arickara/Blackfoot and James N. Beiswenger

Did You Know? sections by Donna Rieske

HEALTHY GAMES AND TEASERS is a book of fun and learning, prepared for the Indians into Medicine (INMED) Program. INMED is an education program which assists Indian students who are training for health careers. Support services include academic, financial and personal support for college and professional students. INMED's summer enrichment sessions are designed for students at any level from junior high through professional school. This comprehensive approach separates INMED from most other educational assistance programs. For more information contact:

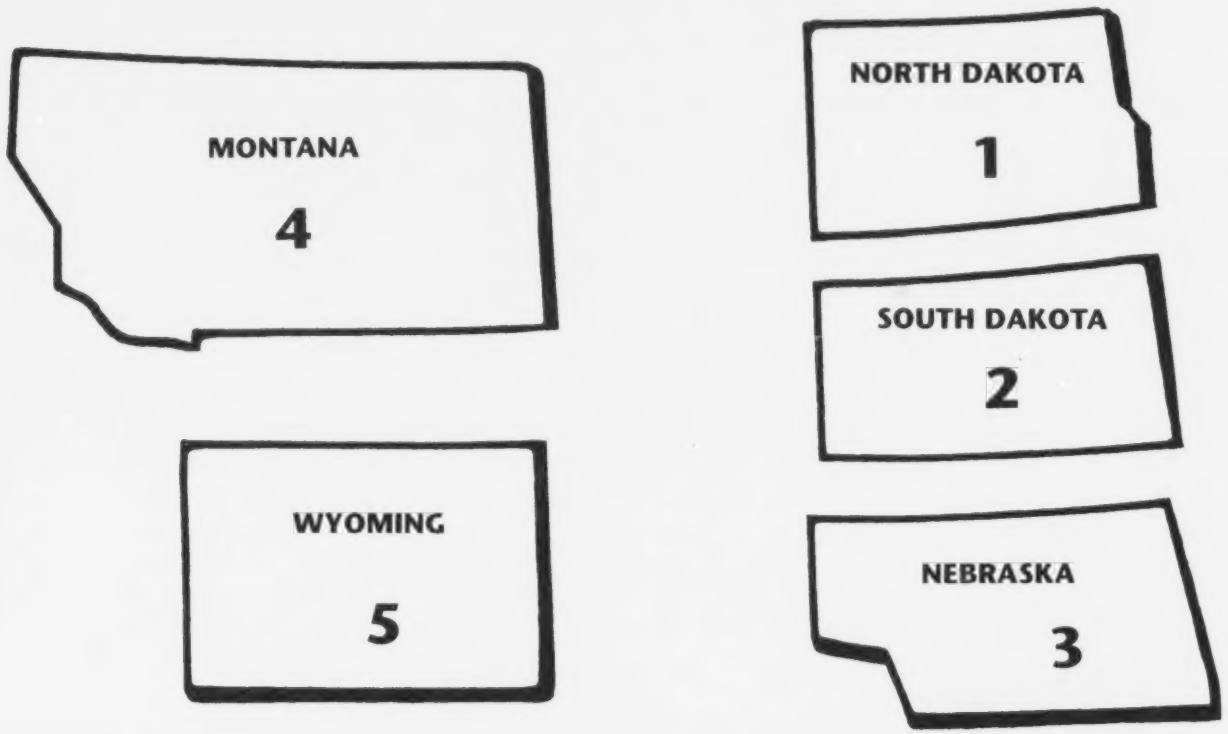
INMED
School of Medicine
University of North Dakota
501 N. Columbia Road
Grand Forks, ND 58203

telephone: 701-777-3037 (collect)

Match Reservation with State

The Indians into Medicine program is located in the north central part of the United States, and the program's students come from all over the country.

Indian health facilities in the states pictured below are among the most understaffed in the country. Can you match the correct states with the 22 reservations listed below?



MATCH THE RESERVATION WITH THE STATE NUMBERS SHOWN ABOVE

example:

BLACKFEET	4	CHEYENNE RIVER		ROCKY BOYS	
TURTLE MOUNTAIN		CROW		ROSEBUD	
OMAHA		WIND RIVER		FORT PECK	
SANTEE		FORT BELKNAP		YANKTON	
SISSETON		STANDING ROCK		NORTHERN CHEYENNE	
FORT BERTHOLD		FLATHEAD		LOWER BRULE	
CROW CREEK		PINE RIDGE			
WINNEBAGO		FORT TOTTEN			

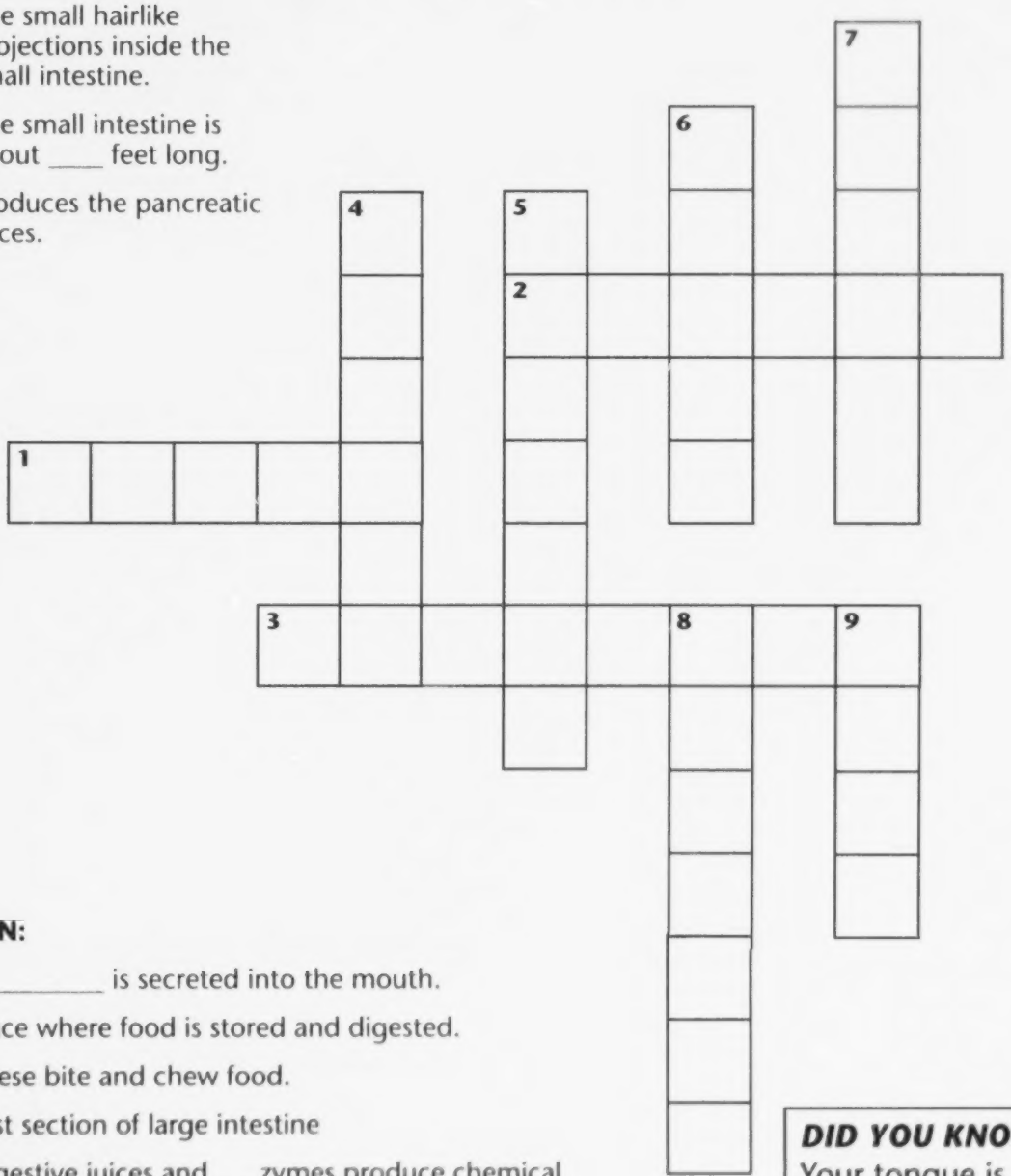
DID YOU KNOW? Walking one step involves up to 200 different muscles.

Digestive System

Crossword Puzzle

ACROSS:

1. The small hairlike projections inside the small intestine.
2. The small intestine is about ____ feet long.
3. Produces the pancreatic juices.



DOWN:

4. _____ is secreted into the mouth.
5. Place where food is stored and digested.
6. These bite and chew food.
7. Last section of large intestine
8. Digestive juices and _ _ zymes produce chemical changes in the food you eat.
9. What Indian people like to eat in a bowl, with fry bread.

DID YOU KNOW?
Your tongue is covered with thousands of taste buds.

HIDDEN MESSAGE:

Look at this page in a mirror to help Hawk find an important message for all young people.

DID YOU KNOW? You can't catch a cold from a change in temperature.

3

Know Your Health Careers

The Indians into Medicine program's students have been trained in the following career areas. Match the definitions with the appropriate career categories.

___ 1. medical doctor

___ 2. registered nurse

___ 3. medical technologist

___ 4. physician assistant

___ 5. Master of Public Health

___ 6. clinical psychologist

___ 7. health educator

___ 8. addiction counselor

___ 9. dentist

___ 10. optometrist

___ 11. nurse anesthetist

___ 12. physical therapist

___ 13. pharmacist

___ 14. nurse practitioner

a. RN trained to administer anesthesia

b. helps people to deal with their alcohol or drug dependency problems

c. advanced degree for specialization in health areas such as administration, education, biomedical science, environmental health or social policy

d. performs tests to determine the absence, presence or extent of disease, trained in lab work

e. special degree to treat & prevent human illness, treatment may include drugs and surgery

f. doctor who examines, diagnoses and treats conditions of the vision system

g. trained in the science of preparing and dispensing drugs

h. RN with advanced training in areas such as geriatrics, family care or pediatrics, may perform exams and diagnostic tests, develop treatment programs or counsel patients

i. promotes good health by educating people about the causes of disease and the means of prevention

j. trained to help people with behavior problems

k. cares for sick patients and monitors their progress, also promotes physical, mental and social well-being

l. performs patient care tasks under a physician's supervision, may perform physical examinations, prescribe certain drugs, and counsel patients.

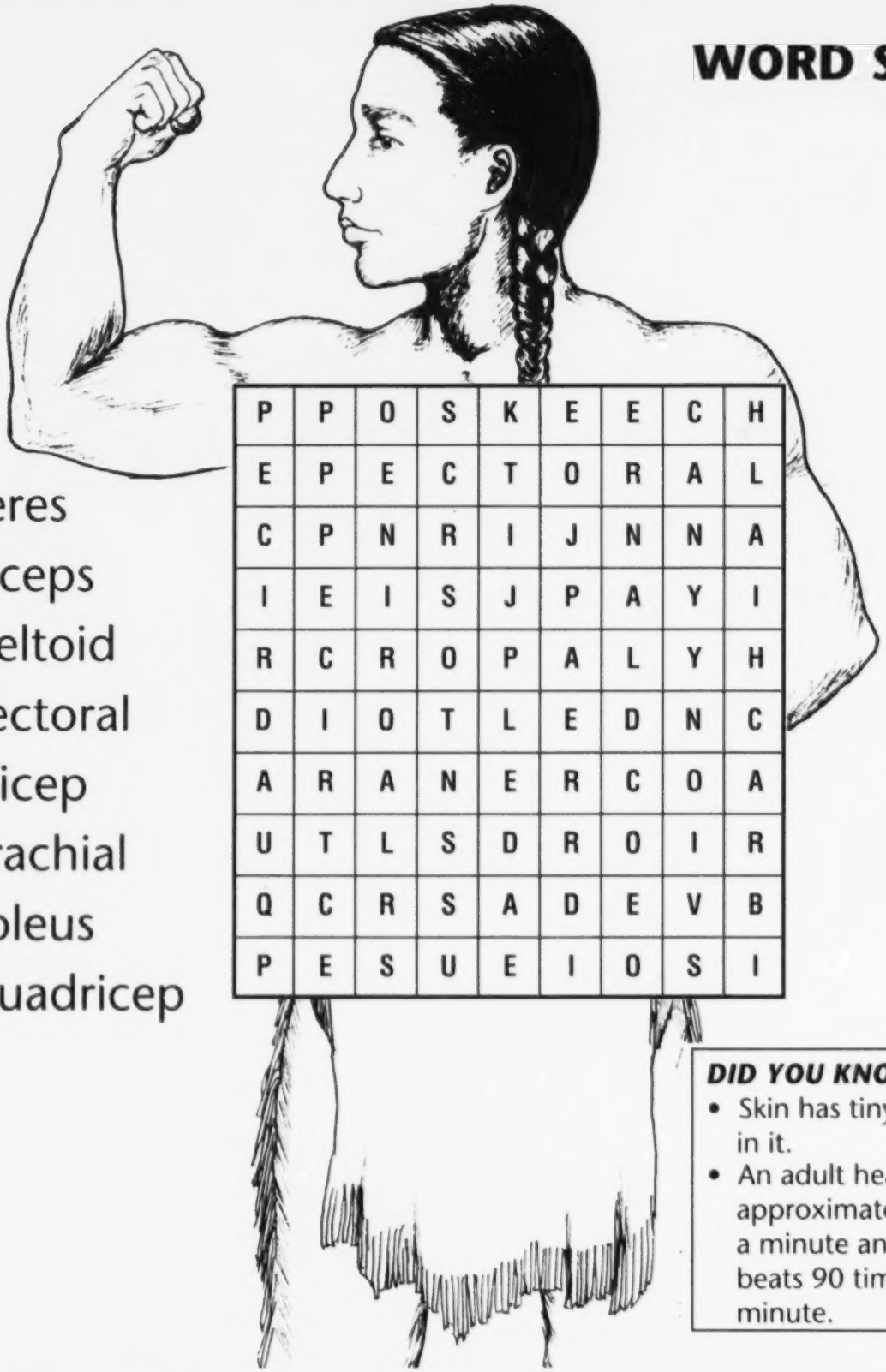
m. treats people with physical disabilities or handicaps, through such means as prescribing exercise programs or applying heat, cold, water or electricity.

n. treats oral diseases & disorders, such as tooth decay, gum disease and crooked teeth.

DID YOU KNOW? Your brain is always working, even when you're sleeping.

FIND THESE MUSCLES

WORD SEARCH



P	P	O	S	K	E	E	C	H
E	P	E	C	T	O	R	A	L
C	P	N	R	I	J	N	N	A
I	E	I	S	J	P	A	Y	I
R	C	R	O	P	A	L	Y	H
D	I	O	T	L	E	D	N	C
A	R	A	N	E	R	C	O	A
U	T	L	S	D	R	O	I	R
Q	C	R	S	A	D	E	V	B
P	E	S	U	E	I	O	S	I

Teres
Biceps
Deltoid
Pectoral
Tricep
Brachial
Soleus
Quadricep

DID YOU KNOW?

- Skin has tiny muscles in it.
- An adult heart beats approximately 70 times a minute and a child's beats 90 times each minute.

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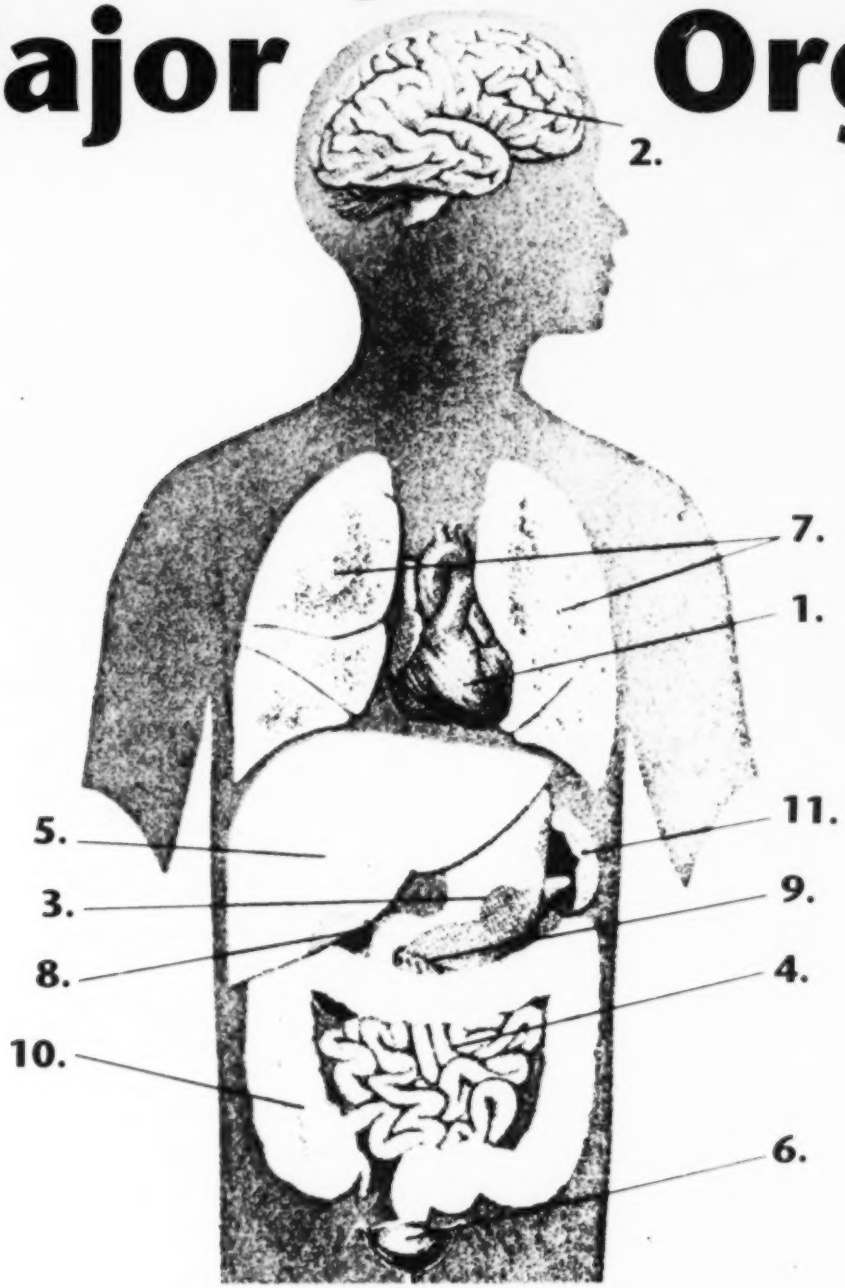
Coloring Page

INDIAN VALUE:

Generosity — We are only on this earth for a short time. Sharing brings honor to you and to your family.

Identify Some Major Organs



Match the numbered organs with their names below:

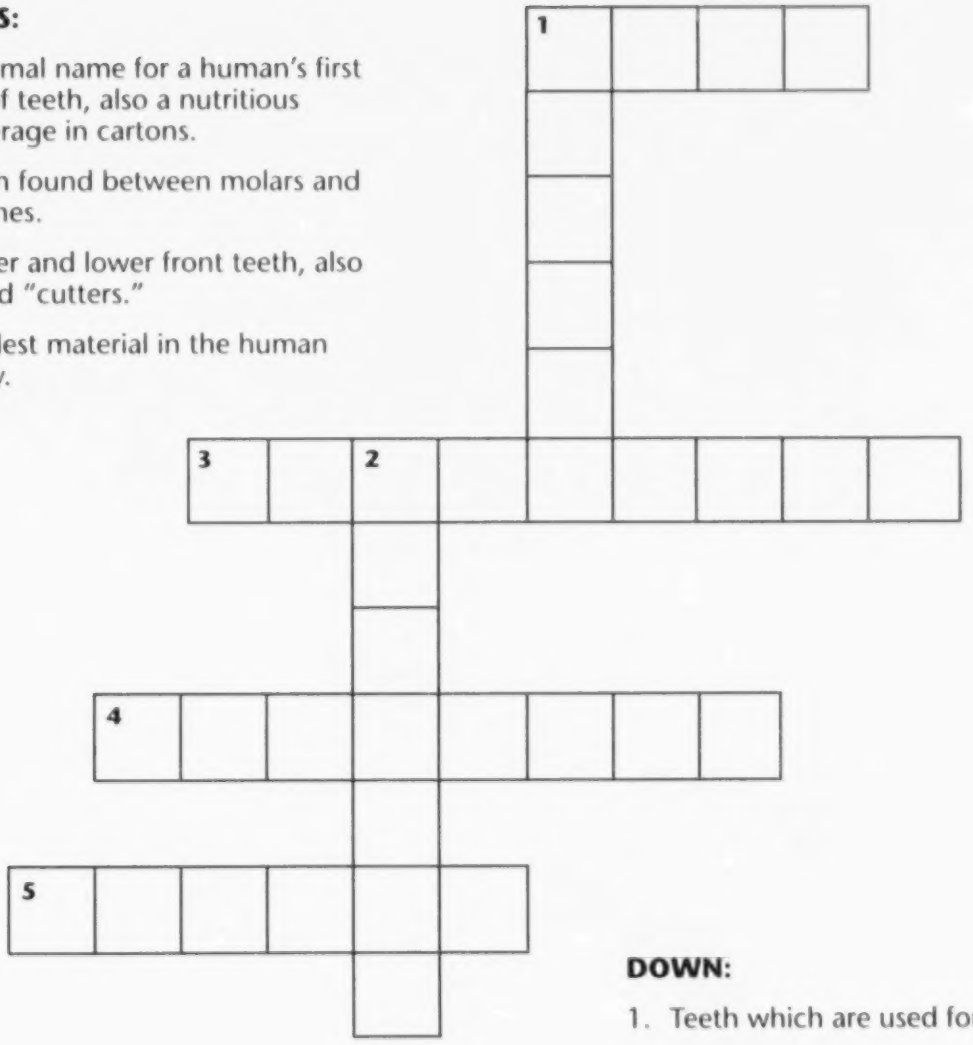
___ Spleen	___ Brain	___ Bladder
___ Liver	___ Pancreas	___ Lung
___ Kidney	___ Heart	___ Small Intestine
___ Stomach	___ Large Intestine	

Know Your Teeth

Crossword Puzzle

ACROSS:

1. Informal name for a human's first set of teeth, also a nutritious beverage in cartons.
3. Teeth found between molars and canines.
4. Upper and lower front teeth, also called "cutters."
5. Hardest material in the human body.



DOWN:

1. Teeth which are used for grinding food.
2. Sharp-pointed teeth, also called "dog teeth."

DID YOU KNOW? You taste with your tongue, but a butterfly tastes with its feet.

Our Largest Reservations

When health professionals enter the Indian Health Service, it is quite likely that they will provide primary care service to on-reservation Indian populations. On the list below, circle the ten reservations and trust lands you think have the largest Indian populations.

Blackfeet, MT

Cheyenne River, SD

Gila River, AZ

Fort Berthold, ND

Menominee, WI

Rosebud, SD

Wind River, WY

Eastern Cherokee, NC

Mescalero Apache, NM

Navajo, AZ-NM-UT

Pine Ridge, SD

Hopi, AZ

Zuni, NM

Red Lake, MN

Fort Apache, AZ

Crow, MT

San Carlos, AZ

Mississippi Choctaw, MS

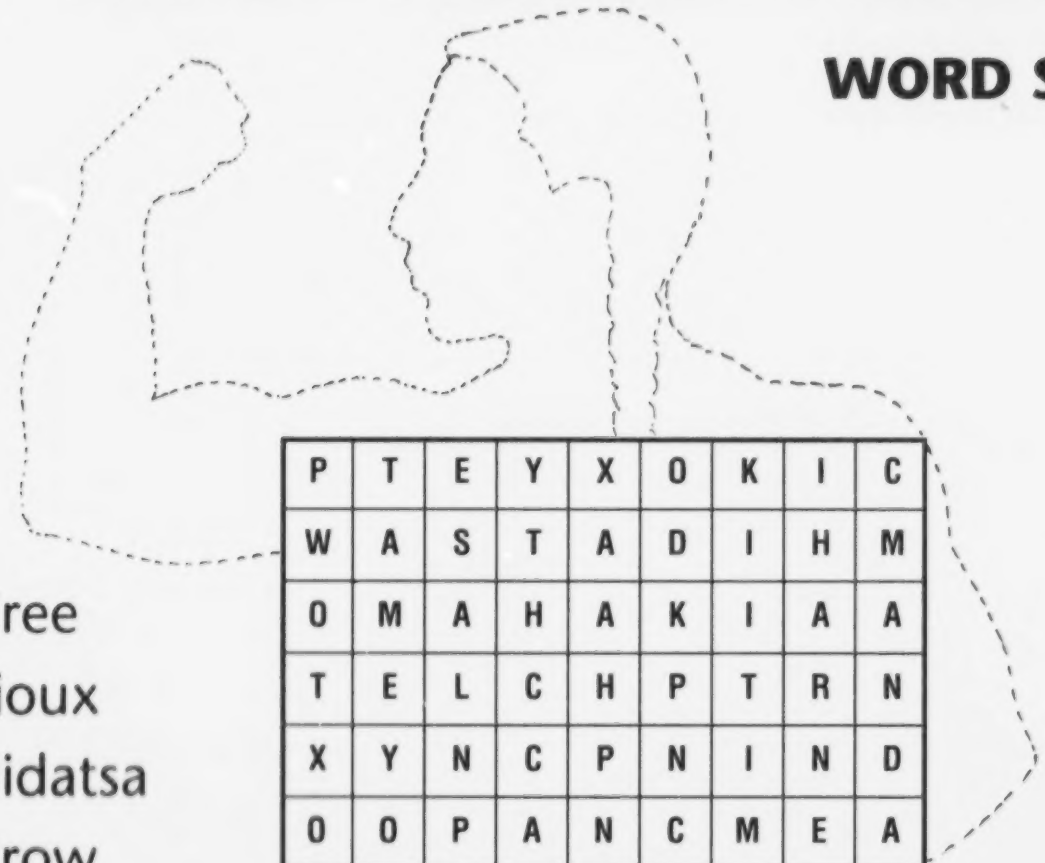
Colville, WA

Papago, AZ

DID YOU KNOW? The brain is 80 percent water.

FIND THESE TRIBES

WORD SEARCH



P	T	E	Y	X	O	K	I	C
W	A	S	T	A	D	I	H	M
O	M	A	H	A	K	I	A	A
T	E	L	C	H	P	T	R	N
X	Y	N	C	P	N	I	N	D
O	O	P	A	N	C	M	E	A
P	I	W	N	K	S	R	A	N
R	A	O	A	D	O	O	O	H
E	E	R	C	A	V	P	J	W
D	A	I	X	U	O	I	S	H

Cree
Sioux
Hidatsa
Crow
Spokane
Ponca
Omaha
Mandan
Arickara

DID YOU KNOW?
Your funny bone is not really a bone, but a nerve.

Coloring Page

INDIAN VALUE:

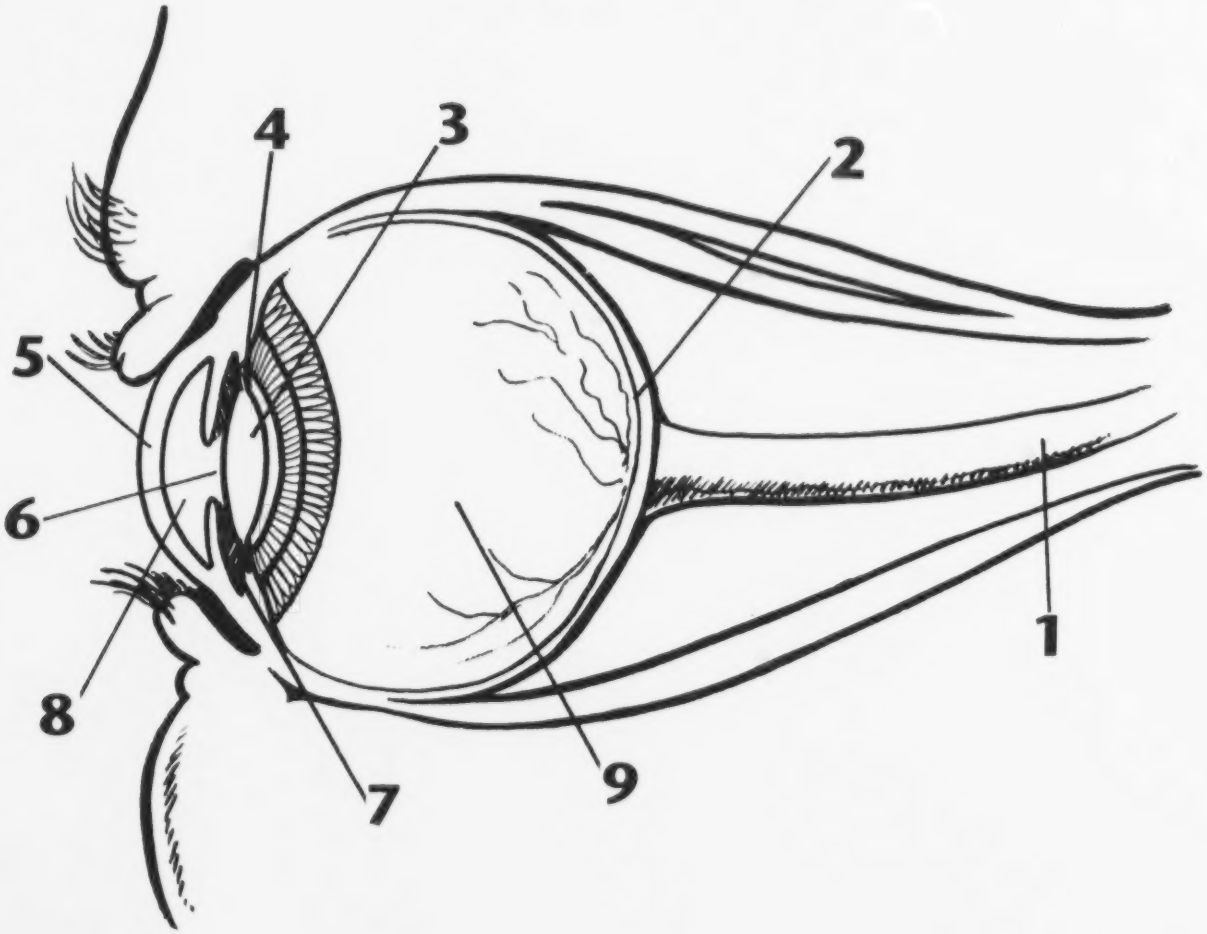
Respect — To honor oneself by showing consideration for all, and by feeling pride for being Indian and a member of a tribe.

Wisdom — The ability to understand what is true, right, and lasting.

DID YOU KNOW?

- Your heart is a pump which never rests.
- You yawn to get more oxygen into your body.

EYEdentify. . .



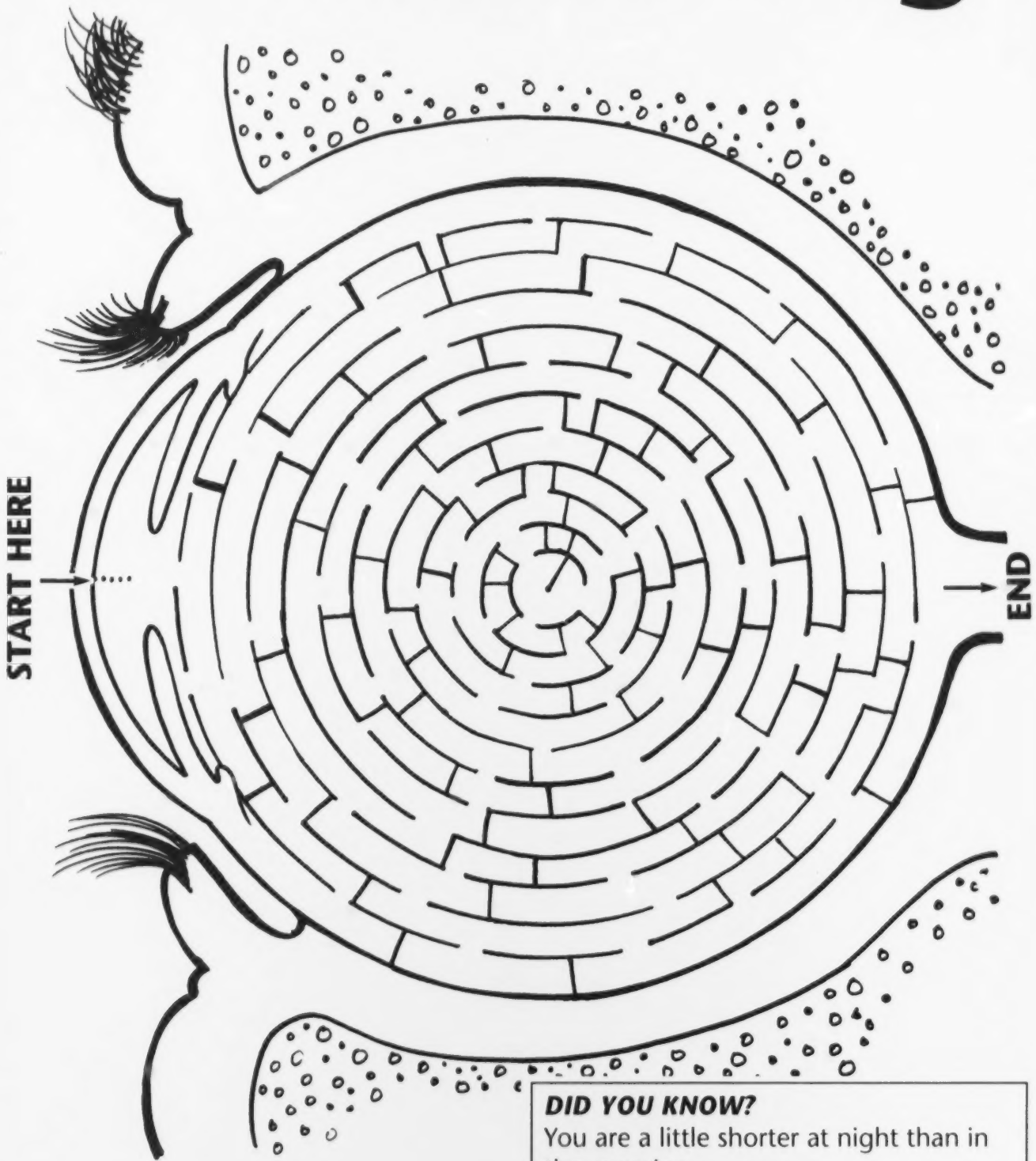
DIRECTIONS: Match the number of the eye parts on the diagram above with the names and definitions below. If you have trouble, try to find a diagram of an eye in a science book or encyclopedia.

___ **vitreous body** — transparent jelly behind the lens
___ **pupil** — dark central opening of the iris
___ **iris** — colored part around the pupil
___ **retina** — light sensitive membrane
___ **ciliary muscle** — controls the lens' ability to focus
___ **optic nerve** — carries impulses to the brain
___ **lens** — transparent body that focuses light rays
___ **aqueous humor** — occupies space between lens & cornea
___ **cornea** — transparent body that covers iris and pupil

DID YOU KNOW?

- There are 75 trillion cells in the human body.
- Hair grows ½ inch every month.

EYE-maze-ing

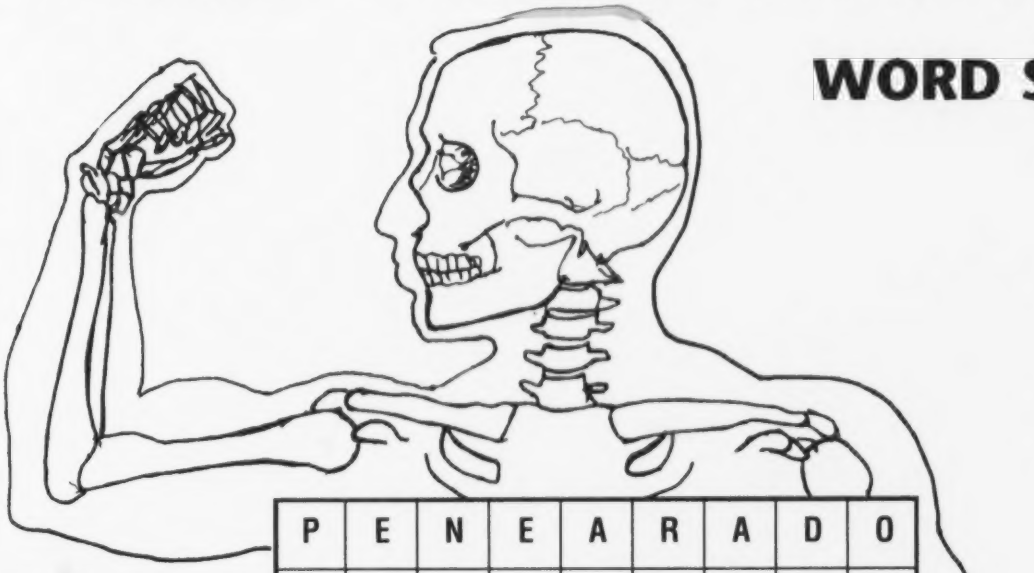


DID YOU KNOW?
You are a little shorter at night than in the morning.

13

FIND THESE BONES

WORD SEARCH



P	E	N	E	A	R	A	D	O
A	S	F	I	O	L	R	S	S
Y	U	B	T	L	T	N	R	I
O	I	H	E	T	N	E	S	A
T	D	T	A	N	L	U	L	A
L	A	I	E	N	R	J	A	N
P	R	U	M	E	F	O	P	C
X	O	N	M	S	B	I	R	L
C	S	U	S	L	A	S	A	N
O	H	A	L	U	P	A	C	S

Patelia
Nasals
Tibia
Radius
Ribs
Ulna
Carpals
Femur
Scapula
Humerus

DID YOU KNOW?

- The femur (thigh bone) is the longest bone in your body.
- 206 bones make up the human skeleton.

17

Circulatory System
Crossword Puzzle

DOWN:

1. Exercise _____ (speeds up) your heart rate."
2. Blood vessels leading *away* from the heart.
3. Pumps the blood.
4. Blood vessels *returning* to the heart.

ACROSS:

5. Blood vessels delivering oxygen to the body cells.
6. Nerve that slows down the heart.
7. _____ vascular refers to the heart and blood vessels as a unified body system.

DID YOU KNOW?

- It takes less than one minute for your blood to take a trip all around your body.
- If you could stretch out your blood vessels, they would reach almost halfway around the world.
- Your heart does enough work every day to raise a train engine one meter off the ground.

Coloring Page

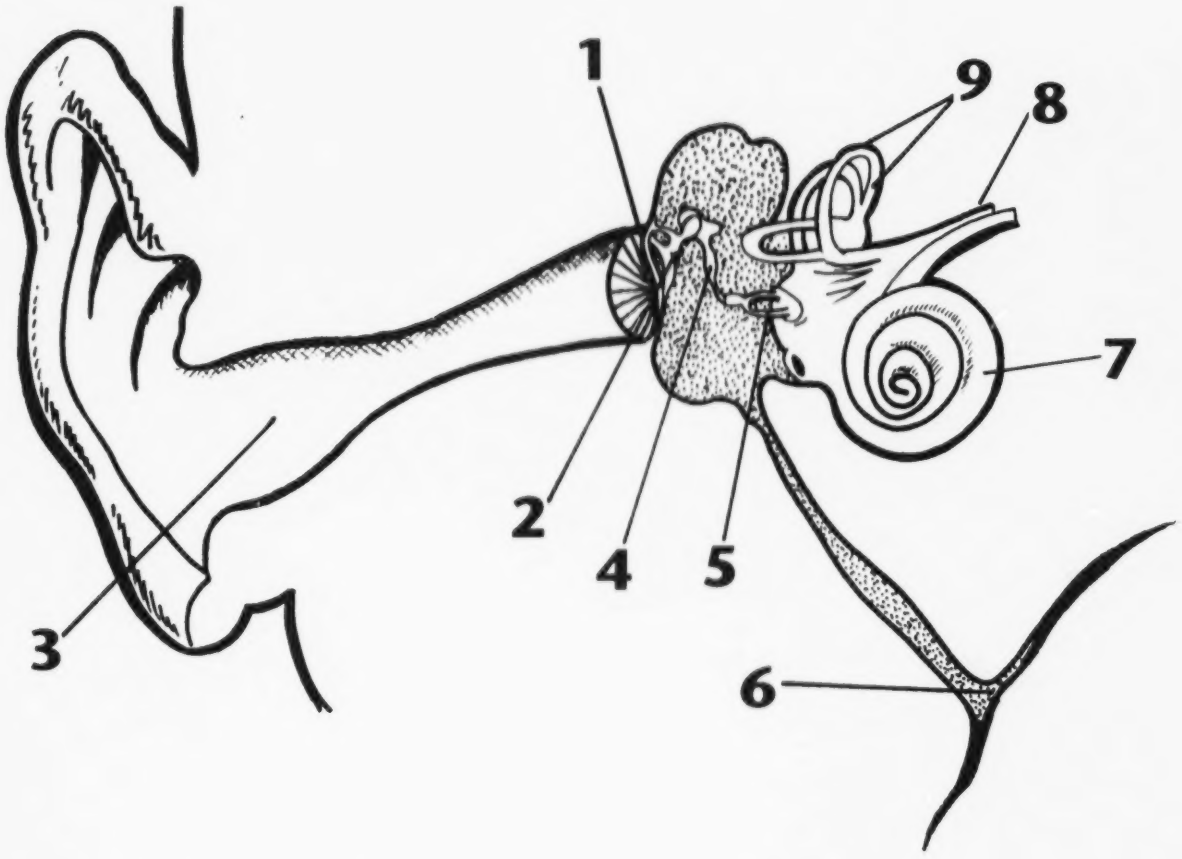
INDIAN VALUE:

Courage — the quality giving one the ability to do what is right in the face of danger, fear, selfishness and hard times.

DID YOU KNOW?

- Native Americans chewed the bark of the willow tree to relieve pain.
- Straight hair is round, wavy hair is oval, and curly hair is flat.

Now hEAR this



DIRECTIONS: Match the numbers of the ear parts on the diagram above with their names below. If you get stuck, be resourceful and find a diagram in a textbook or encyclopedia.

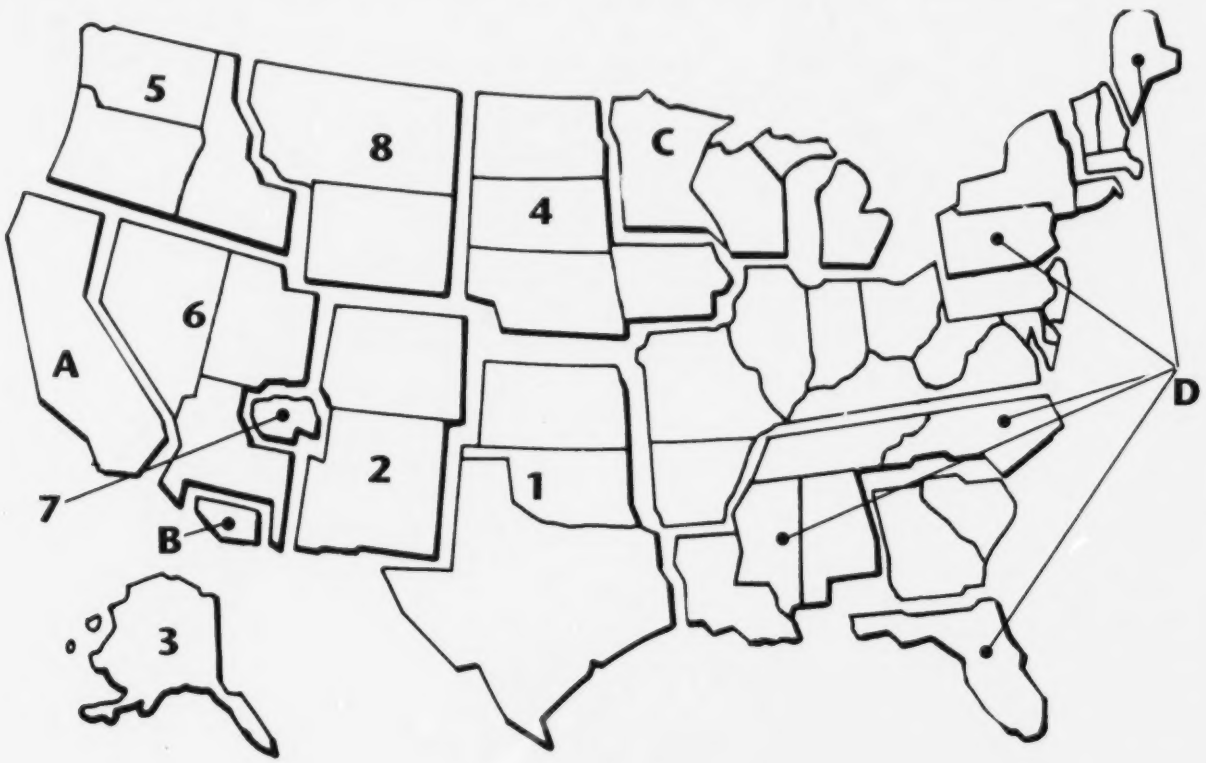
___ **anvil** — small inclus (middle) bone
___ **eustachian tube** — connects inner cavity with throat
___ **stirrup** — small stapes (inner) bone
___ **cochlea** — spiral part of inner ear
___ **eardrum**— receives and transmits sound waves
___ **outer ear** — flap of skin connected to opening in head
___ **semicircular canals** — provides balance
___ **hammer** — small malleus (outer) bone
___ **auditory nerve** — transmits signals to hearing centers in brain

DID YOU KNOW?

- The smallest bones in your body are inside your ear.
- White blood cells eat harmful germs.

The Geography of Indian Health Care

The Indian Health Service has divided the country into areas which are served through IHS area offices and program offices. Match the service areas of the country with the area and program offices below. (HINT: The area offices are numbered and the program offices are lettered.)



IHS Area Offices:

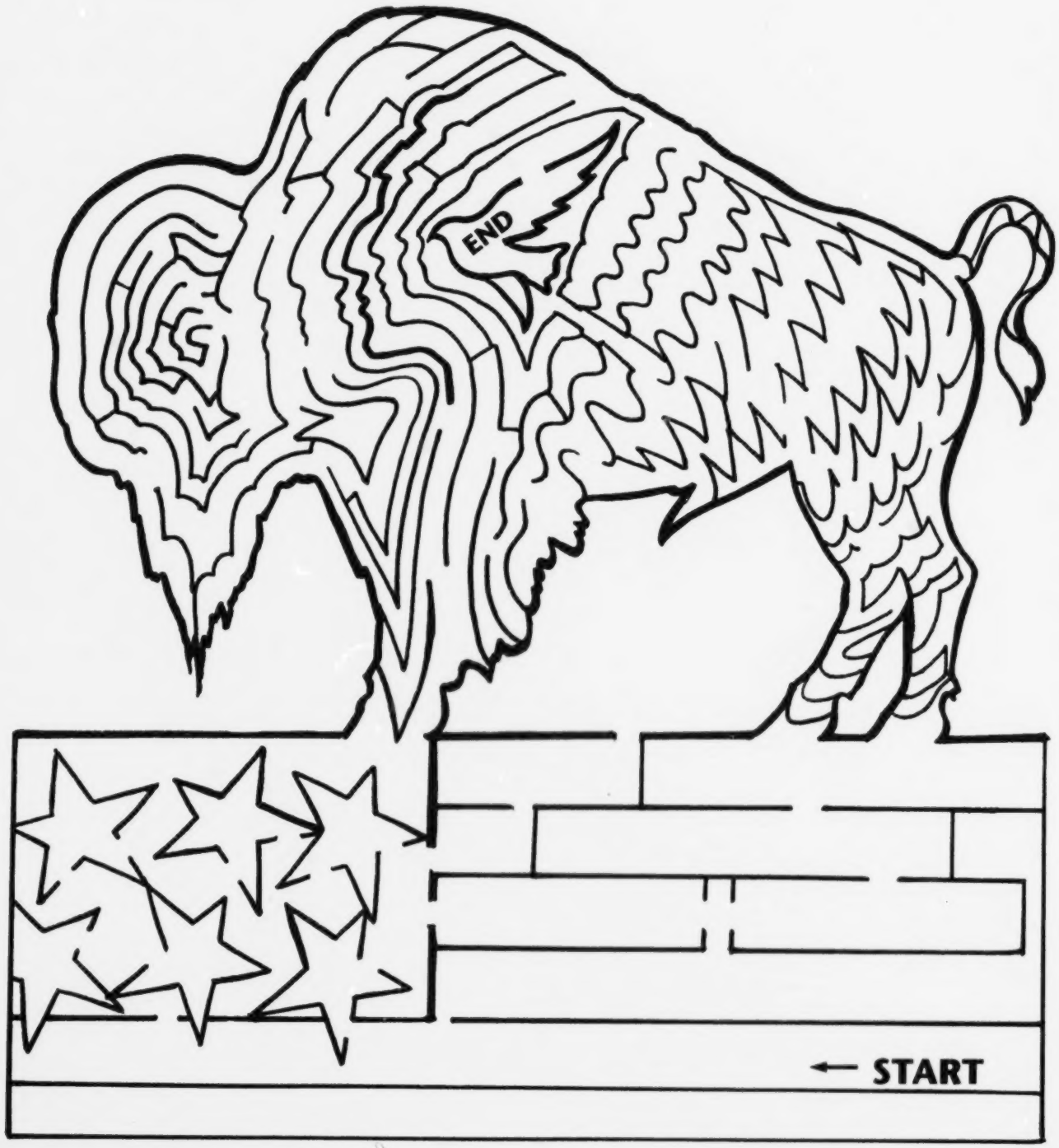
___ Aberdeen
___ Alaska
___ Albuquerque
___ Billings
___ Navajo
___ Oklahoma City
___ Phoenix
___ Portland

IHS Program Offices:

___ Bemidji
___ California
___ Nashville
___ Tucson

DID YOU KNOW?
White blood cells eat harmful germs.

MAZE: THE FIRST MAN AND HIS BUFFALO



DID YOU KNOW? A line of 1,000 germs could fit across the top of a pencil.

DISEASES/SYMPTOMS

THE MASTER WORD PUZZLE

A	C	E	G	C	A	N	C	E	R	X	D	Z	N	C	A	T	S	Z	E
E	R	Z	Y	M	R	O	T	R	U	N	T	V	O	O	X	A	N	X	L
H	E	T	P	Q	E	X	T	Z	C	E	N	H	C	N	E	E	X	A	R
R	N	N	H	H	F	E	S	E	P	H	T	Z	E	V	R	L	S	C	D
R	O	O	E	R	N	E	D	I	X	C	E	X	F	U	V	S	O	X	G
A	M	N	E	S	I	A	A	C	L	A	O	K	M	L	S	A	S	N	S
I	B	R	A	X	D	T	E	Z	D	H	A	Z	E	S	Z	I	C	Z	E
D	E	I	B	Z	E	X	I	T	M	T	M	B	E	I	S	I	R	N	U
E	H	L	A	A	O	B	C	S	D	O	O	F	R	O	L	I	X	T	X
H	T	P	N	D	T	B	H	E	E	O	D	T	R	N	Y	N	E	M	E
O	S	P	I	A	H	E	V	I	E	T	G	E	V	S	K	L	M	N	S
F	R	I	G	S	A	V	D	G	F	R	L	W	A	O	Y	W	A	B	T
U	R	E	N	J	A	S	C	H	K	C	S	I	J	O	N	S	A	O	R
M	J	D	A	S	E	E	N	T	S	O	W	A	Y	O	T	H	L	P	O
A	O	N	A	I	U	R	C	O	U	G	H	N	H	H	S	R	D	Q	K
N	O	W	P	N	R	I	I	C	D	H	A	T	M	N	T	G	I	W	E
B	O	R	U	N	E	R	P	L	R	R	O	A	E	U	L	O	E	N	X
D	E	R	T	F	E	S	O	E	Y	E	X	W	V	R	I	V	R	A	N
H	Y	X	A	T	E	H	E	O	Z	Y	V	A	J	E	U	D	C	X	N
Y	M	D	R	N	X	S	X	D	T	R	X	E	O	I	L	E	L	A	E
Z	B	A	I	D	S	I	O	R	R	N	N	A	F	X	I	Z	S	T	X
U	G	E	R	I	Z	C	O	M	M	O	N	C	O	L	D	O	S	Z	I

FIND THESE WORDS:

FLU
CANCER
COUGH
ANGINA
ASTHMA
AIDS
FEVER
DIARRHEA
STROKE
AMNESIA
TOOTHACHE
COMMON COLD
CONVULSIONS
ARTHRITIS
ARTERIOSCLEROSIS

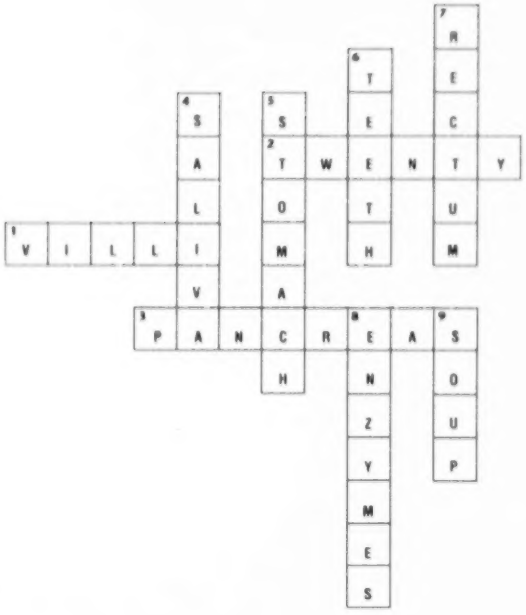
DID YOU KNOW?
Red blood cells are produced by the bone marrow.

Solution Pages:

Match Reservation with State (pg. 1)

Blackfeet	4	Cheyenne River	2	Rocky Boys	4
Turtle Mountain	1	Crow	4	Rosebud	2
Omaha	3	Wind River	6	Fort Peck	4
Santee	2,3	Ft. Belknap	4	Yankton	2
Sisseton	1,2	Standing Rock	1,2	N.Cheyenne	4
Fort Berthold	1	Flathead	4	Lower Brule	2
Crow Creek	2	Pine Ridge	2		
Winnebago	3	Fort Totten	1		

Digestive System (pg. 2)



Hidden Message (pg. 3)

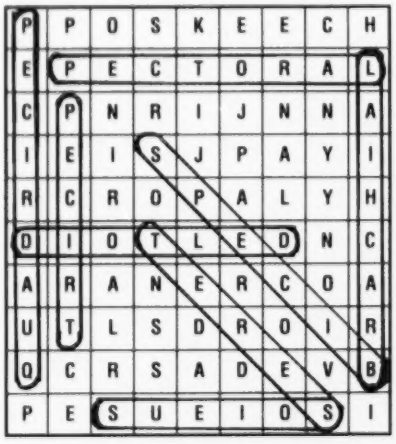
Life is your gift.
Drugs kill.

Know Your Health Careers (pg. 4)

1. e.
2. k.
3. d.
4. l.
5. c.
6. j.
7. i.
8. b.
9. n.
10. f.
11. a
12. m.
13. g.
14. h.

Find These Muscles (pg. 5)

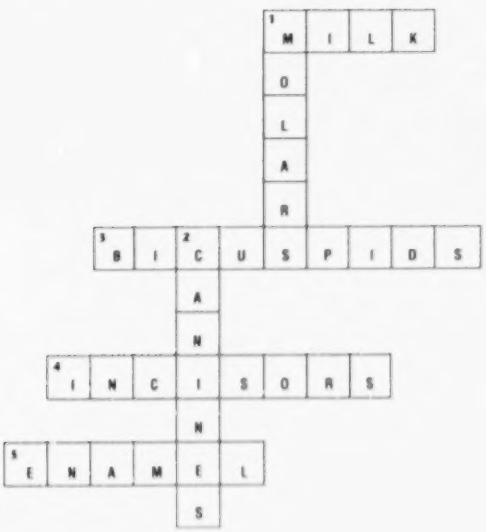
WORD SEARCH



Identify Major Organs (pg. 7)

1. Heart
2. Brain
3. Stomach
4. Small Intestine
5. Liver
6. Bladder
7. Lung
8. Kidney
9. Pancreas
10. Large Intestine
11. Spleen

Know Your Teeth (pg. 8)



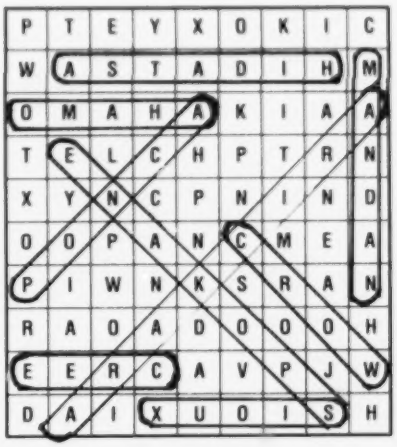
Our Largest Reservations (pg. 9)

The ten largest Indian reservations and trust lands, in order of size, are:

Navajo, AZ-NM, UT
Pine Ridge, SD
Gila River, AZ
Papago, AZ
Fort Apache, AZ
Hopi, AZ
Zuni, NM
San Carlos, AZ
Rosebud, SD
Blackfeet, MT

Find These Tribes (pg. 10)

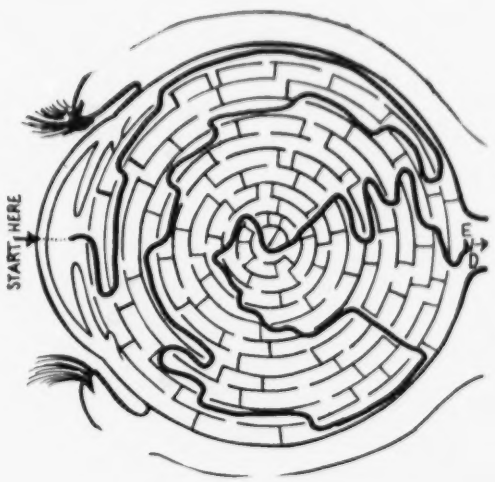
WORD SEARCH



EYEdentify. . . (pg. 12)

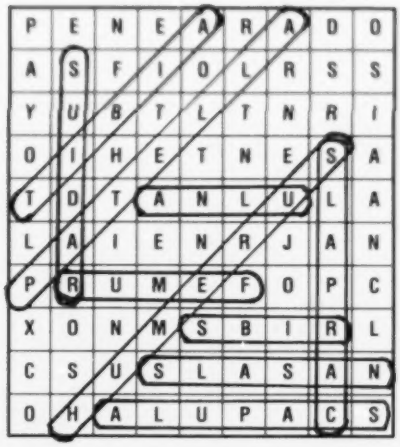
1. optic nerve
2. retuba
3. lens
4. ciliary muscle
5. cornea
6. pupil
7. iris
8. aqueous humor
9. vitreous body

EYE-maze-ing (pg. 13)

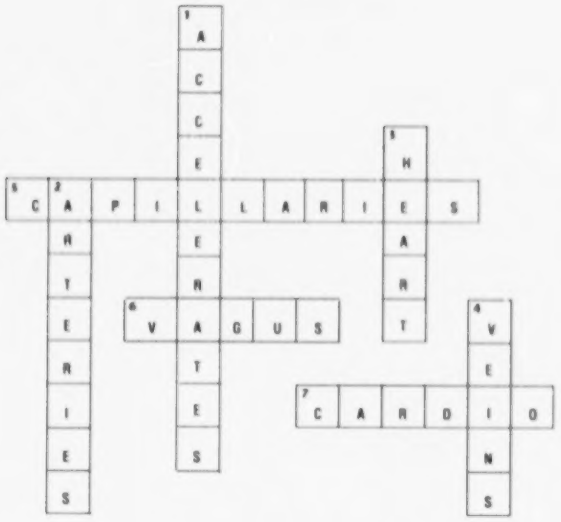


Find These Bones (pg. 14)

WORD SEARCH



Circulatory System (pg. 15)



Now hEAR this (pg. 17)

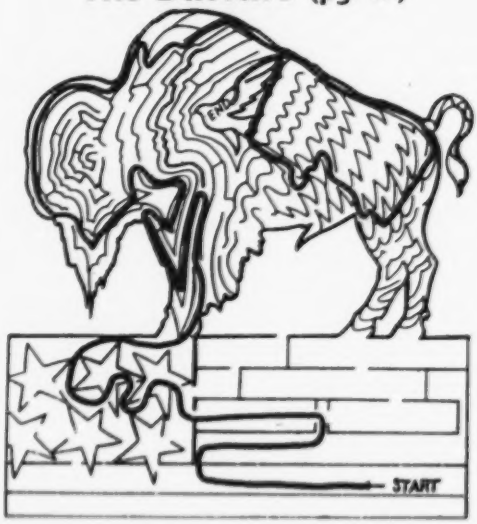
1. eardrum
2. hammer
3. outer ear
4. anvil
5. stirrup
6. esutachian tube
7. cochlea
8. auditory nerve
9. semicircular canals

Geography (pg. 18)

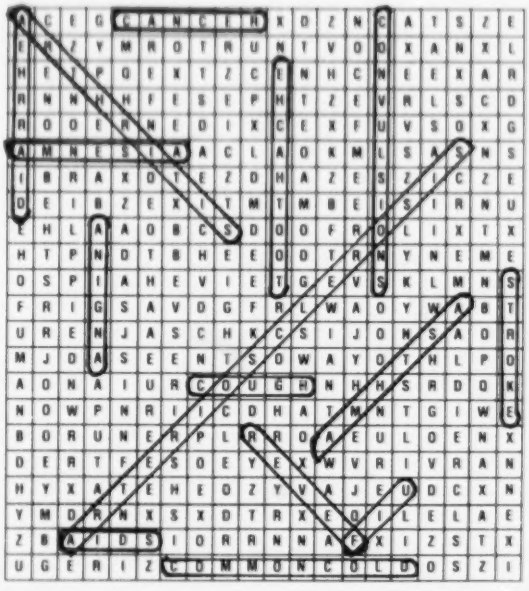
1. Oklahoma City
2. Albuquerque
3. Alaska
4. Aberdeen
5. Portland
6. Phoenix
7. Navajo
8. Billings

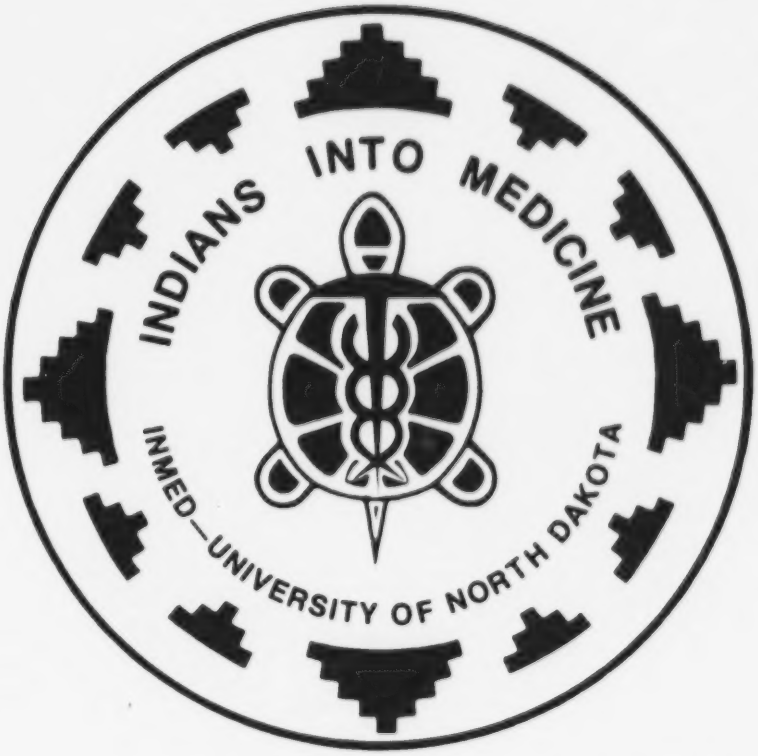
A. California
B. Tucson
C. Bemidji
D. Nashville

MAZE: The First Man and His Buffalo (pg. 19)



Diseases/Symptoms (pg. 20)

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